DOCUMENT RESUME

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| TITLE | CATCH: Child and Adolescent Trial for Cardiovascular Health. [Multimedia.] |
| INSTITUTION | National Heart, Lung, and Blood Inst. (DHHS/NIH), Bethesda, MD. |
| PUB DATE | 95 |
| NOTE | 0p. |
| AVAILABLE FROM | NHLBI Information Center, P.O. Box 30105, Bethesda, MD 20824-0105 ($281). |
| PUB TYPE | Guides - Classroom - Teacher (052) |
| EDRS PRICE | Document Not Available from EDRS. |
| DESCRIPTORS | Cardiovascular System; Child Health; Eating Habits; Elementary Education; Elementary School Students; Grade 3; Grade 4; Grade 5; *Health Education; Health Programs; *Health Promotion; Health Related Fitness; Heart Disorders; Learning Activities; Nutrition Instruction; Physical Activity Level |

ABSTRACT

The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health has launched an initiative called the Cardiovascular Health Promotion Project to teach heart-healthy habits to children. One of the programs developed by this initiative, CATCH, the Child and Adolescent Trial for Cardiovascular Health, is the largest school-based health promotion study ever done. Over 5,000 children increased their level of moderate-to-vigorous physical activity and improved their eating habits. The educational materials developed by this program target youth in grades 3-5 and integrate the total school environment including the physical education program, the classroom, and the school cafeteria, as well as the home. The CATCH program has developed three separate curriculum packages: the "CATCH Physical Education Curriculum," the "Heart Healthy Classroom Curriculum," and the "Eat Smart School Cafeteria Program Guide." The "CATCH Physical Education Curriculum" is a multimedia package consisting of a printed spiral-bound guidebook, a plastic activity box containing 350 5x8 cards, and three videotapes. The "Heart Healthy Classroom Curriculum" consists of four printed curriculum guides, transparency masters, and a videotape. "Eat Smart School Cafeteria Program Guide" is solely a printed project. (JLS)

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